

# Beef-Vegetable Stew

Meal Components: Vegetable, Meat / Meat Alternate

Main Dishes, D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, 1" cubes	5 lb 2 oz		10 lb 4 oz		<b>1.</b> Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		1/4 cup		1/2 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	<b>2.</b> Add onions, flour, granulated garlic, paprika, pepper, and thyme.
OR		OR		OR	
Dehydrated onions		3/4 cup		1 1/2 cups	
Enriched all-purpose flour	6 oz	1 1/4 cups 2 Tbsp	12 oz	2 3/4 cups	
Granulated garlic		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		3/4 tsp		1 1/2 tsp	
Dried thyme		1/2 tsp		1 tsp	
Water or beef stock, non-MSG		3 qt		1 gal 2 qt	<b>3.</b> Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender. CCP: Heat to 165°

Canned sliced carrots, drained	2 lb 3 oz	1 qt 1 cup (1/2 No. 10 can)	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	<b>4.</b> Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned small whole potatoes, drained	1 lb 12 oz	3 cups (1/3 No. 10 can plus 1/2 cup)	3 lb 8 oz	1 qt 2 cups (3/4 No. 10 can)	<b>5.</b> Pout into serving pans.
Canned green peas, drained	1 lb 10 oz	1 qt 1/2 cup (1/3 No. 10 can plus 1/2 cup)	3 lb 3 oz	1 qt 3 cups (3/4 No. 10 can)	<b>6.</b> CCP: Hold for hot service at 140° F or warmer. Portion with 8 oz ladle (1 cup).

### Notes

\* See Marketing Guide

### Marketing Guide

#### Food as Purchased for

#### 25 Servings

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Mature onions

10 oz

1 lb 4 oz

Nutrients Per Serving					
Calories	218	Saturated Fat	2 g	Iron	3 mg
Protein	20 g	Cholesterol	49 mg	Calcium	28 mg
Carbohydrate	16 g	Vitamin A	5767	Sodium	270 mg
Total Fat	8 g		unknown	Dietary Fiber	3 g
		Vitamin C	6 mg		